

everyday health



www.fourcorners.ne.gov

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January 2020

Mini Hummus & Roasted Red Pepper Phyllo Bites

Makes 30 bites in 20 minutes

These tasty little phyllo bites are perfect for entertaining or snacking!

- 30 Athens baked mini phyllo shells (2 boxes)—defrosted
- 3/4 cup + 3 Tbsp hummus
- 1/2 cup diced English Cucumber
- 1 red pepper—roasted & diced
- 1/4 cup crumbled feta cheese (1 1/4 ounces)
- 2 Tbsp minced flat-leaf parsley

1. Fill each mini phyllo shell with 1 1/2 tsp hummus.
2. Divide the cucumber, roasted red pepper, feta cheese, and parsley evenly between the phyllo shells. Serve.

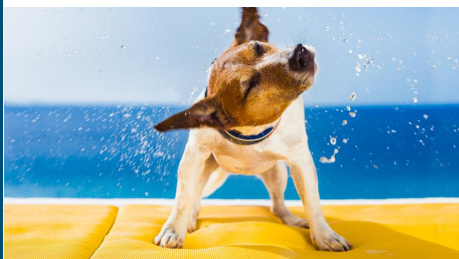
Nutrition Info Per Serving (2 Phyllo bites): Calories: 67.1; Carbohydrates 6.7g; Sugar 0.5g; Protein 2.5g; Fat 4.5g; Saturated Fat 0.9g; Cholesterol 2.1mg; Sodium 102.1mg; Fiber 0.7g

Source: <https://www.cookincanuck.com/mini-hummus-roasted-pepper-phyllo-bites-recipe/>



Take a Break for Mental Health

Don't skip your break. Use it to melt the stress and re-energize. Try this tip in January.



Energy Shake:

Stand up at your desk, sit on your chair, or in a place that you are comfortable, and shake all over! Shaking can have the effect of energizing your body, releasing painful tension in shoulders and arms, and providing a positive mental health break too.

Source: www.workplacestrategiesformentalhealth.com/

WHAT ARE EFFECTS OF DRUGS ON DRIVING?

Driving under the influence of drugs affects you and everyone around you.



MARIJUANA

Slows reaction time and impairs judgment of time and distance



METHAMPHETAMINE OR COCAINE

Aggressive and reckless behaviors



OPIOIDS

Drowsiness and impaired memory and thinking skills



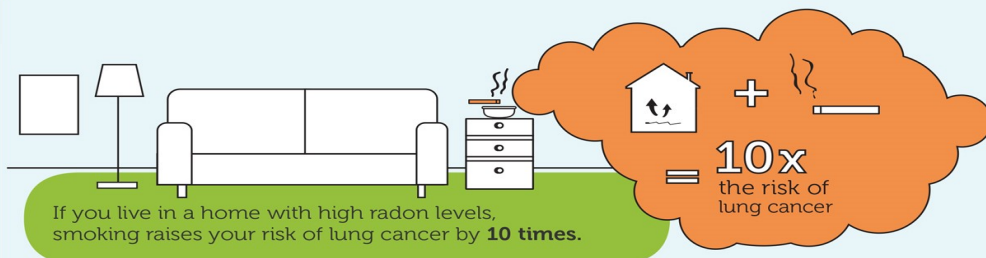
SEDATIVES

(benzodiazepines, barbiturates, etc.)
Dizziness and drowsiness

For more information, visit NIDA's Drugged Driving Drug Facts at: www.drugabuse.gov/publications/drugfacts/drugged-driving



Radon and Smoking: A Dangerous Combination



Learn more by calling the National Radon Hotline:

1-800-SOS-RADON (1-800-767-7236)

Source: U.S. Environmental Protection Agency



APP OF THE YEAR

App of the Month

Fabulous: Daily Motivation is a science-based app that could help motivate you to improve your fitness & reach your weight loss goals, reboot your sleep cycle, and discover mindfulness to reduce your anxiety. You'll learn to build a better morning routine and even pick up life-changing habits like meditation and yoga along the way.

Available for Android or iOS operating systems.

Why New Years Resolutions Don't Work

Increase Your Chances Of Success With 6 Steps



Choose a goal you've been wanting to pursue—for example, eating healthier. Then make a plan that helps you reach it, such as: "I intend to eat healthier by bringing my lunch to work three days a week."



BE HEALTHY FOR GOOD WITH
LIFE'S SIMPLE 7

Learn more at:

heart.org/mylifecheck

GET ACTIVE

Try to get at least 150 minutes per week of moderate aerobic exercise or 75 minutes per week of vigorous exercise (or a combination of both), preferably spread throughout the week. Even short bursts of exercise can be beneficial, and all those little steps will lead to big gains in the long run.¹

EAT BETTER

Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.¹

LOSE WEIGHT

Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.²

CONTROL CHOLESTEROL

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol.^{1,4}

MANAGE BLOOD PRESSURE

Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence your blood pressure numbers.^{1,7}

REDUCE BLOOD SUGAR

Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it's important to eat smart. Cut out added sugars by checking nutrition facts labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed ones and rinsing canned fruits if they are in syrup.¹ And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.⁴

STOP SMOKING

Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.²

LEARN MORE AT
HEART.ORG/MYLIFECHECK

Be Active at Work

Set a reminder to be active: Use an alarm on your computer, smartphone, or pedometer every 30 or 60 minutes to remind you to get up and move.



If you like to use your calendar or daily planner, pencil in some time for exercise or a quick walk during the day. Think about inviting a co-worker to join you. You're more apt to give yourself permission to be active if it's scheduled and if you have someone else to encourage you.

For More Tips: <https://www.medexpress.com/blog/workplace-wellness/stay-active-during-the-workday.html>

Stress Management Corner: Knowing Your Limits

When we are asked to do things, here are some questions to consider that may help to decide if we are working within our limits or overextending ourselves:

1. Looking at all the benefits and costs of the situation, is it worth the effort to say "yes"?
2. Would you feel comfortable posing the same request to someone else?
3. If you feel people would be upset with you if you said "no", do you feel that they are coming from a respectful, reasonable place? (If not, this may be a good time to set a healthy boundary.) Think of someone who has healthy boundaries. How do you feel they would respond in this situation?

Source: <https://www.verywellmind.com/setting-boundaries-for-stress-management-3144985>

